

Friday, August 15 | 2025 USA Gymnastics Region 6 Congress

| | Bristol A/B | Grand Ballroom 1 | Rotunda | Grand Ballroom/ Exhibit Hall | Atrium | Tiverton | Newport |
|-----------------------|---|---|--|--|--|--|---|
| 8:30-9:30 am | Pat Panichas Deciphering Up to the Level Composition: Level 8-10 Floor Exercise Acro and Dance | Tammy Biggs Twisting on All Events | Byron Knox 10 Areas to improve Flexibility for Women's Uneven Bars | Michelle Kocan Games, Games, Games! For Class & Team! | Natalie Gurnett From Fear to Freedom: Guiding Gymnasts to Overcome Mental Blocks | April Sawyer Preschool Theme Weeks | Claudia Kretschmer It's a Whole New World of Customer Service |
| 9:45-10:45 am | Catherine Batsche Yurchenko Vaults: Seeing & Judging | Mary Wright Breaking Down the Dance Skills Needed To Be Successful | AJ Banker Foundations of Floor Tumbling | Hands On Spotting: Recreational Skills on all Events | Steve Greeley Cheez-ology: The Many, Many, MANY Educational Ways to Use a Wedge Mat | April Sawyer How to Have a Program for Athletes with Special Needs | Katrina McCarter BOTTOM DOLLAR: Reaching Moms on a Zero Marketing Budget |
| 10:45-11:15 am | Break (Visit Exhibit Hall) | | | | | | |
| 11:15 am- 12:15 pm | Pat Panichas What is Your Process? From Start to Finish | Byron Knox Linear Speed for Tumbling | Tammy Biggs Strategies for Training at Any Age | Hands On Spotting: UB: Kips FX: Front & Back Handsprings BB: Basic Acro Skills | Michelle Kocan Vault: Is the Run Even Important? | Kerry Bair Sports Nutrition Basics: A Coaches Conversation | Hannah Lobdell Rule Your Gym! |
| 12:15-1:45 pm | Lunchtime Learning: 1:00-1:30 Pat Panichas: National/Brevet Categories: What do you Need? | Lunch Break | | | | | Lunchtime Learning 1:00-1:30 Kristi Bender & Rachel Hallett How to start a Team Gym Program |
| 1:45-2:45 pm | Catherine Batsche Focus on Footwork: More than an Afterthought | Natalie Gurnett Stronger Every Fall: Coaching Gymnasts Through Adversity and Setbacks | AJ Banker Creating a Yurchenko | Hands On Spotting: UB: Clear Hips FX: BHS-BHS, Front Handsprings, Front Tucks | Claudia Kretschmer No More Dip Kicks! Making Recreational Beam Fun! | Steve Greeley 31 Ways to Retain Your Recreational Students Longer Through Awesome Creativity! | Lena Ursova HR Essentials for Gym Owners: Building and Managing a Winning Team |
| 3:00-4:00 pm | | Mary Wright Guiding Athletes Through Skill & Strength Development and Training Phases | Pat Panichas & Jamie Winkler Women's Development Program Update | Claudia Kretschmer & Gail Caspre Xcel Beam: Judge it, Drill it, Fix it! | Michelle Kocan Trampoline and Tumb Trak Basics | Hannah Lobdell Coaching Zen: Master the Art of Behavior Management | Katrina McCarter Marketing to GEN Z: Tomorrow's Cashed-Up Mom is Here Now |
| 4:15-5:15 pm | | Matthew Power Indestructible Ankles: Evaluate, Rehabilitate, and Prepare your Athletes' Ankles for the Intense Demands of Gymnastics | Pat Panichas & Gail Caspere Women's Xcel Program Update | Mary Wright The Full Turn on Beam: Start Here | Tom Bair No Table? No Problem! Vault Drills and Side Stations | April Sawyer Deconstruct Skills and Improve Your Ability to Make Successful Corrections | Katrina McCarter Redefining Success |



Saturday, August 16 | 2025 USA Gymnastics Region 6 Congress

| | Bristol A/B | Grand Ballroom 1 | Rotunda | Grand Ballroom/ Exhibit Hall | Atrium | Tiverton | Newport |
|-------------------|--|--|--|---|---|--|--|
| 7:45-8:25 am | | | | Morning Stretch with Annette Robert Koerth | | | |
| 8:30-9:30 am | Pat Panichas & Windee Weiss Sticking the Landing: From Smooth Touchdowns to Crash Landings | Steve Arkell BARS The Big 5: Handstand, Circle, Front Giant, Back Giant, Flyaway | Mary Wright 10 Skills to Take Your Team to the Next Level | Claudia Kretschmer Choreography for Anyone! | Brant Lutska Tumbling Safely: Mastering the Basics and Beyond (Floor Exercise) | Dr. Elly Hart Injury Prevention: Now and for the Future | Sean Dever Lower the Degree of Difficulty on your OPERATIONS! |
| 9:45-10:45 am | Catherine Batsche What Would You Do? Responding to Difficult Judging Situations | Steve Arkell Physical Preparation | Tammy Biggs Active Flexibility for Tumbling and Leaps | Hands On Spotting: UB: Flyaways BB: Acro Connections FX: Aerials, Front & Back Tucks | Steve Greeley The 11 Unbreakable, Unshakable, Unbreachable, Everlasting Laws of Recreational Coaching | Windee Weiss It's Not a Sprint, It's a Marathon: Burnout Prevention Strategies | Annette Robert Koerth Business 24/7/365 |
| 10:45-11:15 am | Break (Visit Exhibit Hall) | | | | | | |
| 11:15 am-12:15 pm | Windee Weiss Practice Judging Levels 3 & 4: What's your Score? | Jay Villegas Advanced Vault | Mary Wright Believe In Me: Understanding Perfectionism | Hands On Spotting: UB: Low Bar Giants FX: Roundoff, Back Handspring, Back Tuck & Beyond | Brant Lutska Developing Strength and Flexibility in Young Gymnasts | April Sawyer Preschool & Recreational Beam | Sean Dever Taxes: They're Just as Much Fun as Back Handsprings! |
| 12:15-1:45 pm | Lunchtime Learning: 1:00-1:30 Pat Panichas: National/Brevet Categories: What do you Need? | Lunch Break | | | | | |
| 1:45-2:45 pm | Windee Weiss & Gail Caspre Xcel Angels and Idiosyncracies | Steve Arkell Combination Tumbling on Floor for Maximum Bonus | Nicole Langevin PreTeam Training | Marlyce Morace Hands On Spotting: UB: Overshoots VT: Yurchenko Training BB: Dismounts | Annette Robert Koerth Lesson Planning | April Sawyer What to do with Babies Who are Not Walking Yet | Steve Greeley Mapping Out 12 Months of The Customer Experience |
| 3:00-4:00 pm | Catherine Batsche Uneven Bars: Amplitude of Release Elements | Dr. Elly Hart & Team Athlete Wellness Bootcamp (This is a 2-hour session) | Jamie Winkler Compulsory Beam Routine Problem Areas: Train to Fix | Claudia Kretschmer Floor Line Drills & How to Develop Combination Tumbling for Xcel | Michelle Kocan Using Balance Beam to Train Other Events | Brant Lutska Dynamic Duo Delights: 101 Ideas for Parent-Child Gymnastics Bonding | Sean Dever 10 Solutions to Problems Small Business Owners Face |
| 4:15-5:15 pm | Pat Panichas & Windee Weiss It's Not in the Code of Points!! | | Nicole Langevin Cast Handstands, Handstand Shaping, Press Handstands & Pirouetting | Tammy Biggs Beam Dance Skills & Beam Complex | Annette Robert Koerth Preschool & Recreational Bars | Thomas Alberti Recreational Gymnastics: Ninja Style | Steve Greeley How to Make Better Leadership Decisions for You and Your Staff |
| 5:30-6:30 pm | Judges Testing | NCAA Update Jenna Kardabil + College Coach | | | | | |
| 5:30-7:30 pm | | | | | | | |



Sunday, August 17 | 2025 USA Gymnastics Region 6 Congress

| | Bristol A/B | Grand Ballroom 1 | Rotunda | Grand Ballroom/Exhibit Hall | Atrium | Tiverton |
|-------------------|--|---|--|---|--|--|
| 8:30-9:30 am | Windee Weiss Balance Beam: Can I get a Connection? | Steve Arkell Common Traits of Great Vaulters and How to Develop Them | Youlia Coss The Art of Artistry | Nicole Langevin Teaching and Perfecting Compulsory Tumbling Passes & Back Extension Rolls | Annette Robert Koerth Backhandspring Drills and Progressions | Ken Harris The 3 C's of having a Terrific Staff: Culture, Character, and Conveyor Belt |
| 9:45-10:45 am | Gail Caspare Xcel Mysteries: What is the real answer? | Windee Weiss You Want to See that Again? Then This is How You Say It! Effective Communication | Daniel Miranda Building Resilient Athletes: The Intersection of Smart Training and Injury Prevention | Nicole Langevin How to Teach Back Twisting | Brant Lutska Warm Ups, Games and FUN | Ken Harris Hiring and Training a Top Notch Staff in about 7 Days |
| 11:00 am-12:00 pm | Windee Weiss Level 6/7 FX & BB: Separating the Excellent from Good: More than Requirements | Steve Arkell Basic to Advanced Front and Back Tumbling | Jamie Winkler Compulsory Floor Routine Text | Tom Bair Uneven Bar Stations: Drills for Skills for PreTeam & Xcel | Annette Robert Koerth Childhood Development, Class Management and Safety | Lena Ursova Tech That Transforms: Simplifying Operations with the Right Tools |
| 12:30-2:00 pm | U407: Positive Coaching Alliance: Developing Competitors and Mental Wellness Through Positive Coaching | | | | | |

Scan the QR code to fill out our survey.
Your feedback is appreciated!

